
Toe Touches

- Select a rebook step, bench or small plyometric box
- Keep your left foot on the floor and the right foot (toes only), touching the step
- Spine neutral, core engaged, simultaneously swap the feet position
- Look to keep the hips in a fixed position and only have the feet moving
- Perform the movement as quickly as you can
- Be careful of your foot placement



Thrusters

- Take a set of dumbbells in each hand, lift to shoulder height, palms facing each other
- Simultaneously split your feet one back, one forwards. The split is roughly half you're the size of your foot
- At the same time push the dumbbells up above your head
- When lowering the dumbbells swap the feet over (front moves to the back and the back moves to the front) in a coordinated manner

